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**Eighth
Annual**



Progress Report

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**THE ALCOHOLISM
FOUNDATION OF ALBERTA**

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The Alcoholism Societies Act on Provincial Administration began in Calgary in 1954. The Foundation was established in 1956.

The Foundation and municipal grants and individuals, and Through its three education, treatment and prevention of alcoholism.

A nominal fee is charged for admission, counselling, and prescribed, is paid for. This may be extended if a patient is denied treatment for a charge for guidance and any collateral costs.



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The Foundation operates as a completely separate entity from Alcoholics Anonymous, but it works to achieve results conjunctively with this fellowship.

Detailed information on Foundation activities, services and supplementary reports are available in other Foundation publications.

THE ALCOHOLISM FOUNDATION OF ALBERTA

Provincial Administrative Offices
9929 - 103rd Street
Edmonton

TREATMENT CENTRES

CALGARY
737 - 13th Avenue, S.W.
AMherst 9-6101

EDMONTON
9910 - 103rd Street
424-7161

LETHBRIDGE
Information and Referral Centre
102, Administration Bldg.
305 - 9th Street North
FAirfax 8-4471

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To:

Mr. D. S. Macdonald, President,
The Alcoholism Foundation of Alberta,
Edmonton, Alberta.

It is my privilege to present this, the Eighth Annual Progress Report on the activities of The Alcoholism Foundation of Alberta, to the Membership and Board of the Foundation.

This report reviews the services of the Foundation for the calendar year January 1, 1961 through December 31, 1961.

Respectfully submitted,

J. George Strachan,
Executive Director.

April 1, 1962.

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PRESIDENT'S REPORT

In this, my second report as President, it gives me a great deal of personal satisfaction to have so much to note in the way of solid accomplishment during the year just ended.

Organizations of this nature now and then reach a high point of development and achievement where it seems that progress must slow up to allow for consolidation. I thought that we had reached that point a year ago. I was wrong, as you will readily see when you read the detailed reports of the various departments. There have been few years in the Foundation's history that showed greater gains in the form of work accomplished and impact on the problem that is our chief concern.

TREATMENT

The changes in the internal operations of the Treatment Department that I announced last year have more than justified themselves. Both Treatment and Education Services have benefited largely because of them.

Good recovery trends have been maintained, and patient intake has reached another new high. In line with our long-term policy of gradually extending our services beyond the two major centres of population, we have opened a full-time Information and Referral Centre in Lethbridge, the better to serve the whole population of southern Alberta, and in the North we have doubled the number of consultation clinics in Grande Prairie.

EDUCATION

Again there have been marked and significant increases in our preventive educational activity, both public and professional. The administrative changes I mentioned have permitted Mr. Fraser and Miss Cuthbertson to undertake considerably more of this work, with most gratifying results.

Particularly pleasing are several projects which were developed and brought to fruition during 1961. The most noteworthy are: (1) The excellent program begun at RCAF Station

Cold Lake, (2) The lecture series arranged for personnel of the National Employment Services, (3) The liaison with the City-wide Teen Council which resulted in the formation of our Youth Advisory Committee, (4) The program at Ponoka Mental Hospital, for medical and nursing staff.

Special mention, I believe, is due to our Publications Department. Our quarterly 'Progress' improves steadily; I have heard from several outside sources that it is considered one of the best among similar provincial and state alcoholism publications.

RESEARCH

The most significant contribution of the Research Department in the past year was completion of a study which gave us a much clearer picture of the distribution of alcoholism rates in the province. This will have a profound influence on all our planning and programming for years to come.

Internal assessment, evaluation of our own methods and results, both in treatment and in education, continue to be conducted. We are convinced that much of the credit for our success to date stems from a continuing close and critical observation of our own work and our eagerness to discover any and every area where it could be improved. In this way we maintain the consistently high standards that have gained us such widespread recognition.

APPRECIATION

For our Executive Director, Mr. J. George Strachan, I have a special message of thanks. This Foundation and its aims form his life. His ability and his faculty of surrounding himself with men and women of high calibre have contributed largely to the eminent position held by the Foundation.

In addition to his work in Alberta, Mr. Strachan is First Vice President of the North American Association of Alcoholism Programs, Secretary of the Canadian Council on Alcoholism and a member of the organizing Committee of the Canadian Foundation on Alcoholism. In June 1962 he is presenting a paper at the European Institute for the Prevention and Treatment of Alcoholism.

In closing, I wish again to acknowledge the debt of gratitude we owe to the Honourable E. C. Manning, Premier of Alberta, to the Honourable Dr. J. Donovan Ross, our Minister of Health, to the Cabinet and members of the Legislature, to those city and municipal governments that have helped and encouraged the work of the Foundation, and to the various Provincial and Civic departments which have on all possible occasions advanced our work. They with Industry and Albertans as a whole have made the work of the Executive stimulating, productive, and immensely rewarding.

D. S. Macdonald

EXECUTIVE DIRECTOR'S REPORT

The fiscal year just completed has again been a very full one for the Foundation as we continue to make progress in implementing those goals set forth in our initial prospectus. It is gratifying indeed to see many of those early plans now a continuing part of our total operation.

It is not my purpose to review in detail specific Foundation activities - as these are well covered in the individual department reports* - rather I will speak on major Foundation highlights.

1. Physical "Building" Facilities: With the approval of the Provincial Government and your Board, additional space has been procured in Edmonton and plans are underway for an extension to our Calgary centre.

In Edmonton we acquired the former Alberta Teachers' Association Building at 9929 - 103 Street. We moved our educational, community, information, research, and administration personnel to these new quarters. They are well suited to our activities. Conference rooms for group orientation and training services were already available, requiring very little renovation to accommodate our needs. The move to the new quarters was made on February 1st, 1962.

These added facilities immediately enabled us to provide more room for treatment staff and to separate the many continuing activities of the other Foundation departments from the clinic: this has long been a very serious and urgent problem. We now also have the necessary space for those trainees and groups that we regularly bring into the Foundation.

An addition to the present Calgary building will provide similar facilities. Plans are already underway to implement and extend those Community Services from Calgary to the southern parts of the province that were deferred and so keep apace

*Note: Departmental reports are based on the 1961 calendar year. Financial statements, the budget, and this report are on the fiscal year from April 1st, 1961 to April 1st, 1962.

with their interest and many growing demands. In October of 1961 an Information and Referral Centre was established in Lethbridge in the Provincial Government Building. It will service the Lethbridge, Medicine Hat portion of the province.

These improved accommodations will now also provide for the further expansion of our present preventive services which have been so well received throughout Alberta. All these additions are the result of planning and discussion between your executive, the board, and the Provincial Government. The recognition given to these needs is immensely stimulating to all of us.

2. Financing: The capital allowance necessary for renovations and added equipment has been met by savings from those activities which we have been able to defer pending the completion of our move. Your executive committee and director have worked closely together to ensure the continuation of all priority services, delaying only those activities which would be better facilitated after the move. Additional funds were also saved by deferring the replacement of some personnel.

The matter of Foundation financing has been considerably stabilized in the Edmonton area through that support achieved from the United Community Fund of Greater Edmonton, which has replaced those large sustaining donations lost to the Foundation in the Greater Edmonton area. The executive of the United Community Fund co-operated with us to make such adjustments as were necessary through this period of a realignment of funds.

As a result of our participation in the Edmonton United Fund a decrease in the renewals of sustaining membership donations in Calgary was experienced. It is our hope that present plans for the replacement of these funds through the joint Community Chest and United Fund of Calgary will achieve the same stabilizing results there, as have now been established in Edmonton.

As the intent and goals of these United Funds are the elimination of multiple fund drives, we feel that we must respect the wishes of those very generous sustaining members who have so well supported the work of the Foundation, but who

now wish to contribute to us as members of the United Funds.

Although other communities have indicated a willingness to similarly contribute toward local activities, it is the policy of the Foundation, operating as a provincial program, to have such local services well established and accepted as an integral part of their community before seeking any local aid.

Last year the bylaws were revised to implement a change in membership support. This will require a period of transition. It is our hope to have the whole matter of Foundation memberships well reorganized by the end of the next fiscal year.

* * * * *

3. Foundation Goals: Someone once said "Men find so much in the ruins of an old church, or in the earth and sky, or in far off lands -- but so little in another human being close at hand".

We devote so much time, effort, and funds to material things while ignoring many of the physical, emotional, and social needs of our fellow man. We must begin to give to the social sciences the same status and economic support, the same leadership and drive to find answers to man's well being as that which is devoted to technological ends -- if for no other reason than the integrity of science itself. After all 'People' are still the most vital and valuable component in man's progress.

Alcoholism affects every other public health, welfare, and rehabilitation program. It complicates recovery from other illnesses. Economically it represents a major, though still largely hidden, cost in all treatment, welfare, and penal institutions, seriously affecting their every rehabilitative effort.

In Alberta, fortunately, our progress has been considerable -- perhaps because in our province there is a strong Christian interest in our fellowman -- a concern that goes beyond the usual demands of one's vocation. This is reflected in our various levels of government and civic enterprise. This spirit has enabled the Foundation to approach and achieve its objectives meaningfully and progressively.

We have in Alberta the means and the climate of operation to enable us one day to develop one of the better "total" programs for the alcoholic. Much still needs to be done. With patience and persistence we are co-ordinating and making better use of every available community facility. After all, more has been achieved for the alcoholic in these last ten years, than in all previous centuries.

Future Goals

This year it is our intention to consolidate the developments we have had under consideration these past many months and to realign our personnel as we prepare for the further extension of all Foundation services throughout the Province. Many activities not included within the 1961 Departmental reviews are now in work or are shortly to be initiated with the resolving of our building needs.

We are immensely encouraged by the co-operation we have received from all other agencies and resources in the Province as we attempt to correlate our various functions with theirs. This is important because we well realize that it is not feasibly possible for us as a single agency to deal with all of the problems of alcohol, alcoholism, or other addictions -- however, we can provide the leadership and direction necessary to a broader and more objective approach to these problems, and particularly to the treatment of the alcoholic. As each doctor, hospital, clergyman, teacher and other agencies in the province share the load in each community we can finally provide a total Alberta approach both to alcoholism and to the other related problems of alcohol. We, therefore, continue to feel that a major function of the Foundation is that of a training and co-ordinating influence of all available facilities and resources. We anticipate even further progress in this area in this coming year. This should eventually make possible a beginning solution to prevention.

* * * * *

In reviewing Foundation 'Activity Highlights' it should be understood that all Foundation services and personnel overlap one another in their activities. Departmental references, therefore, do not suggest large, unwieldy, structured departments as such. Rather, this is an attempt to delineate and interpret the

various kinds of activities and services in which the Foundation is involved.

Almost every member of personnel, particularly supervisory staff and members of education and treatment personnel are continuously involved in community services, treatment functioning, public information, publications, and professional training and orientation. All members of Foundation staff operate as an homogeneous group aware of, and active in, all Foundation activities and services.

The following 'Activity Highlights' during the calendar year of 1961 will well indicate the continuing and increasing demands on the Foundation.

4. Treatment Services: We opened 631 new patient files making a total of 5,375 since inception. We had a total of 12,389 counselling and treatment interviews, group sessions, and conferences with or about the patients. To better help the patient, we also see the family, the employer, the doctor, the clergyman, and all those involved with the patient.

Of the total group of patients more than a third achieved 'case status.' The recovery trends remain high - 56% of cases achieve some form of recovery.

Plans are underway to initiate, as demonstration projects, several new approaches to the Alcoholic patient in our hospitals. Unfortunately, there are many alcoholics still being 'seen' by doctors, or admitted to hospitals, whose alcoholism is not being objectively diagnosed or treated. Nor are these alcoholics being referred to the Foundation or A A or other community facilities for continuing therapy and follow up. Alcoholism is a treatable illness, with an excellent prognosis for recovery - if the alcoholic and those close to him are warmly, understandingly, and objectively approached.

5. Professional Training & Orientation: An increasing amount of time is being devoted to professional training and orientation of internes, nurses, teachers, students, agency workers, hospital personnel, industry personnel, the police, the courts, and to all those others who regularly must deal with problem drinking situations. While these groups are regu-

larly seen both in and out of the Foundation, the physical limitations of our centres precluded our keeping up with the many growing demands for such 'teaching' services.

During the year there were 62 groups involved in such 'teaching services' and 47 in planning and advisory services.

Most of these groups require not one presentation, but a series of lectures. For example, fourth year medical students receive a total of eight hours of lectures with additional time spent at the clinic. Similarly, series of lectures are provided theological students, nurses, internes, and others. It is also important to note that these lectures series are now an established, continuing part of the students' curriculum.

With the advent of added facilities to both Calgary and Edmonton, these activities, as well as our services to patients, will be increased. Hence a most important function of our work, that of the integration of our services with those of all other health, welfare, protective, and rehabilitative agencies, may now be enhanced. Demonstration projects at the Aberhardt Sanatorium, the Ponoka and Oliver Mental Hospitals, the Cold Lake Airforce Base, in other hospitals and centres have already been initiated with well indicated progress.

6. Community Services: To further encourage an awareness, knowledge, and understanding of alcoholism, and to aid the work of the Foundation in dealing with the problems of alcoholism throughout the province, Community Advisory Committees have been organized in Grande Prairie, Lethbridge, Medicine Hat, Peace River, Red Deer, and Westlock. The first such committees were formally established in 1956. They are made up of a representative group of citizens who each contribute of their knowledge and experience in local affairs. They include local public health officers, magistrates, doctors, teachers, members of industry, and others, each member having a particular concern in some area of problem drinking. They have given unstintingly of their time and interest, have encouraged a broadening of local information, and have developed referrals and program activities pertinent to the furtherance of Foundation goals. An essential role of these groups is to promote an aware and understanding climate in which they, together with Foundation personnel, may better operate; in this they

have succeeded beyond our expectations.

It is most interesting to note that, along with the development of educational activities, these Community Committees have encouraged local treatment services requiring regular visits by Foundation treatment staff. The local hospitals have provided necessary facilities for these visiting clinics. Again this encourages an integration of local resources and allows for a local approach to treatment needs in the community. These community programs also enable the Foundation to further a province-wide follow-up and usage of those services developed in the two major areas of Calgary and Edmonton, such as at Ponoka, Oliver, Aberhart, etc.

As personnel and funds permit further local committees will be developed in additional Alberta communities.

7. General Educational Activities: Initially, the Foundation expended considerable time and effort in what one might call a 'shot gun' approach to educational needs -- with broadsides of knowledge and information being distributed as widely as possible. As this took effect, it became essential that we begin to provide specific kinds of information for special groups, particularly for those professions who must regularly cope with problems of alcoholism.

There will always be some need, however, for a general educational program for the public at large. This will achieve two goals: (a) it will continue to improve public attitudes and thereby make it easier for alcoholics and their families to seek the help they need; and (b) it will generate within both the public and professions a desire for, and an acceptance of, the knowledge required to more effectively deal with alcoholism.

It has been our experience that general public information through talks, spot radio announcements, special radio and T.V. programs, newspaper articles, etc., brings us patients and their friends, and encourages others to seek ways and means by which they may be helpful to the alcoholics in their community. It is this development and interest that has helped us to initiate and create the Community Advisory Committees and so spur on more effective local activity. In the past year we held 165 such activities reaching more than 3,800 people

through Foundation presentations alone. This in no way covers all of the other public presentations made by the other media mentioned.

A special word of acknowledgement should be made for those radio, T.V., newspaper, and other media of public communication who have regularly featured information on alcoholism. Daily spot radio announcements and other public communication keep the work of the Foundation before the public at all times and are responsible for about 24 per cent of our patient referrals.

8. Publications and Library: It was gratifying to receive so many kindly letters and calls from so many of you and the public at large with regard to our publications. We have tried diligently to maintain the quality and purposefulness of our Foundation quarterly, PROGRESS. The articles and materials contained in these issues are effectively reaching every segment of our Alberta population. The circulation of Progress is now 6,000 and this continues to rise as groups, associations, and individuals request to be placed on the mailing list.

In the past year we also published several pamphlets, papers, and reprints. Details of these are given in the report on publications. Our publications are developed through the active participation of all members of staff with most contributions being their own and with such additional reprints as we deem pertinent to Alberta needs. We are grateful to all of those who have given us materials to use along with our own. You will also be pleased to learn that our own materials and publications are widely distributed to, and reprinted by, agency programs all over the world.

In 1961 a librarian was hired and an adequate library of books, journals, papers, and reprints was developed. The library has been given large, attractive quarters in the new building and is proving most helpful to Foundation staff, to patients, and their families, and to others at the University and in other agencies. In 1961 four sets of travelling libraries, collections of books and pamphlets, were circulated to local public libraries at Edson, Lacombe, Red Deer, Lloydminster, Lethbridge, and Grande Prairie. These were well received

and will be sent to other centres in the coming year.

9. Research: The research work of the Foundation has heretofore largely been a continuing evaluation of the effectiveness of our program. Pilot and demonstration projects enable us to explore, develop and integrate further services in co-operation with other agencies. Much of this applied research also provides us with guide lines for sound administrative decisions, priority of projects, and for the development of total Foundation services.

Foundation research is an integral part of our total remedial approach and much of that which we do is meaningful to other Alberta agencies. Some Foundation studies are centred on the social patterns of drinking, the differences in ethnic, social, urban, and rural attitudes toward beverage alcohol and an attempt to determine the prevalence and geographic distribution of alcoholism in the Province.

* * * * *

10. Personnel: An unfortunate indication of the growing recognition and status of Foundation personnel is that, of necessity, we must expect to lose key members of our staff to other agencies.

Dr. M. A. Maxwell returned to Washington State University after a years work with us as a Consultant to Programming and Staff Development. His contribution was a most meaningful one; with much of his experience and knowledge being ably imparted to Foundation staff.

Mr. R. W. Jones left to assume the position of Assistant Director to the newly established Rutgers Center on Alcohol Studies (formerly the Yale Center on Alcohol Studies). He served as Director of Research and gave much to the community at large, teaching at the University, with the United Fund, the Council of Community Services and other civic and agency bodies.

Both of these very able men, along with Dr. E. M. Jellinek who was with us the previous year and who is currently serving as a Consultant to the Cooperative Commission on Alco-

holism, continue to give of their interest and advice in the work of the Foundation.

There is a very serious shortage of capably trained and vocationally interested workers in this field. As additional Governmental interests and work in this field grow, personnel needs will increase -- and must be met. Two members of staff have just gone to Federal positions; Mr. J. D. M. Bliss, the Supervisor of Treatment Services at Calgary Center to British Columbia and Mr. D. G. Stewart, a Counsellor in the Edmonton clinic to Yellowknife. Both were in part chosen for their new positions because of the experience and ability they gained with us and the contributions they could thereby make to their new work.

Inasmuch as the Foundation is a 'community orientated program' all staff have been encouraged to give of their abilities and experience to other community related activities, as in this way they may, on a daily basis as it were, help to impart their knowledge to other workers in other agencies. Personally I feel that this has established a better working rapport for the Foundation and a sense of co-operation which could not otherwise have been achieved. It has gained for our personnel well deserved recognition for the contribution they make to all other private and public groups in the area of health, welfare, and rehabilitation.

In the Edmonton area, Mr. Don Stewart was President of the Edmonton Branch of the Canadian Association of Social Workers; Mr. Allon Fraser is Past President of the Psychologists Association, Chairman of the Edmonton and District Council of the John Howard Society, and on the Board of the Edmonton Council of Community Services; Mr. George McLellan is on the Board of the Mental Health Association.

In the Calgary area, Mr. Jack Matheson is a Director of the Council of Community Services; Mr. Gordon Stephenson is President of the Academy of Religion and Mental Health.

In the Lethbridge area, Mr. Hugh Smart is an executive member of the Association of Community Services and on the Board of Management of the Victorian Order of Nurses.

Similarly others of the staff are in like activities too numerous to mention. Again, as a 'community oriented organization,' these outside staff activities have reciprocal benefits for Foundation patients.

It is good to see the expansion of the Department of Psychology at the University and to learn of a growing interest in an

Alberta School of Social Work. The expansion of University facilities and training resources gives further hope of meeting the problems of future personnel. For too many years we have lost many of our better workers to other parts of Canada and to the United States. However, as salary levels, work incentives, and good professional relationships are enhanced in our province, we may one day be able to retain more of our capable young people and students. With the well-advertised needs for such personnel throughout North America, we can only fulfill our own requirements and needs by attracting, educating, and training those who are interested and qualified in Alberta. Most of our students would prefer to remain in Alberta if these needs were met and the facilities were available for them in this their home Province.

To further these objectives we have subscribed to the plan of attracting and training professional students from University Departments during the summer months and on part-time projects. They are able to perform many necessary demonstration and study projects. In return they are stimulated by those with whom they work and so become knowledgeable about alcoholism. We have also supported the further education and training of present and potential staff. The Provincial Government Department of Health is most co-operative in furthering this education through supportive bursaries.

* * * * *

11. The Broad Field of Alcoholism Programming: Your director has continued to play a role in national and international alcoholism organizations and is pleased to report that these are progressing most satisfactorily.

A. Proposed Canadian Foundation on Alcoholism: To help in establishing a Canadian Foundation on Alcoholism, discussions were held with the Federal Government and with the Directors of the Canadian Foundation. The charter establishing the Canadian Foundation is in the process of completion, having just been signed by Mr. Don S. Macdonald as President of the Foundation, by Dr. McGregor Parsons as a member of our Board and as Past President of the Canadian Medical Association, and by your Executive Director. In addition, your Executive Director has continued to serve as Secretary of the Canadian Council on Alcoholism.

It is our hope that this Canadian Foundation on Alcoholism

will provide some Federal means to attract and train personnel, to support some special efforts as preventive or educational activities, and to support demonstration and research projects.

B. North American Association of Alcoholism Programs: This association, representative of directors of the Provincial and State alcoholism programs throughout North America, has helped to develop and sponsor some excellent work and activities in the field of alcoholism.

The Co-operative Commission on Alcoholism, which it sponsors, is now well on the way, financially supported by a grant from the National Institute of Mental Health of the United States Government. Additional grants provided by N. I. M. H. are supporting many needed new developments and studies on alcoholism. It is our hope that similar support may be forthcoming from the Canadian Federal Government for similar Canadian activities.

A Central Secretariat is now under consideration with funds assured by a grant for that purpose.

These efforts are all directly and indirectly meaningful to the Alberta Foundation.

C. European Institute for the Prevention and Treatment of Alcoholism: This year your Director has been tendered a grant from the Smithers Foundation to participate in, and present a paper at, the European Institute for the Prevention and Treatment of Alcoholism in Warsaw in June, 1962. It will also be possible to visit other European programs.

* * * * *

It is impossible to report on everything that we do, of our feelings concerning our work, of our goals, and to review all of the new lines of activity we see opening up before us. It is our hope that we may extend throughout our province even more meaningful efforts in treatment and rehabilitation supported by those activities that we carry on as 'preventive services,' educational functions, community activities, demonstration and study projects, and in such research work as we initiate to

assess and support our program. These activities are fully reported in the Foundation quarterly 'Progress,' in other publications, and in the following departmental reports.

As we increase our activity, we experience demands, for still more educational services which, in turn, result in higher case loads. This responsibility we must accept as we strive to reduce those problems that emanate from the use and abuse of alcoholic beverages.

Such achievements as the Foundation has attained are the result of the contributions of an outstanding board, executive, and staff, and the generous and understanding support of our Provincial Government. All together, they, aided by the support of the United Funds and membership contributions, enable us to make an ever more meaningful total effort to deal with this most serious social and medical disorder.

The Foundation is most fortunate in having over the years the services of hard working and interested citizens representative of every walk of life as members of our Board and Executive. These members are already very active people in their own businesses and communities, but they give of their time and effort to the Foundation in a manner which cannot adequately be recognized. As your Director, I am indeed grateful for the frequent meetings which the members of the executive have always provided me to aid in properly carrying out the responsibilities of my position.

Mr. Don S. Macdonald as President, Mr. Stewart Keays as Past President, and Mr. Murray Stewart, Mr. George Crawford, and Mr. John McGuckin are therefore worthy of particular tribute for that service which they quietly and constantly render, not just to the Foundation, but to the people of our Province.

Again too, we would pay tribute to the dedication and co-operation afforded us by the members of Alcoholics Anonymous, the United Church Hostel and others.

This whole hearted co-operation, kindly interest, and understanding support of all concerned make it possible for all of us in Alberta to maintain a progressive program of accomplishment through this our Foundation. Let us now look ahead to

the approaching anniversary of our tenth year of activity.

J. G. Strachan
Executive Director

TREATMENT ACTIVITIES

MEDICAL ACTIVITIES

The Foundation's Medical Services have been fully integrated into the treatment program and are now a smoothly functioning routine at both clinics.

In 1961, 341 new patients were seen by our doctors and nurses, compared with 311 in 1960. The total number of patient interviews for 1961 was 677 with the doctors and 1,554 with the nurses.

Foundation contributions toward professional education have been considerably expanded through 1961. Of particular interest and importance is the training of fourth year medical students at the University of Alberta. Other professional training is described in the report on educational activities.

COUNSELLING ACTIVITIES

At the beginning of 1961, 298 patients were in active treatment at the Calgary and Edmonton clinics, compared with 169 at the beginning of 1960. During the year, 462 new patients received treatment. In addition, 229 former patients returned for further treatment. These totals are for the major clinics at Calgary and Edmonton. The consultation clinics at Lethbridge, Grande Prairie, and Medicine Hat extended counselling services to 38 patients.

Counselling interviews continue to increase in numbers, being 8,057 in 1961 (7,003 in 1960, 5,819 in 1959). This indicates that more patients are remaining in treatment longer. Of the 8,057 interviews, 1,073 were with family members as compared with 1,022 in 1960. 258 interviews were conducted with other interested persons such as the patient's doctor, minister, employer, or friend.

GROUP THERAPY

Group therapy, an integral part of Foundation Treatment Services since inception, was considerably enhanced and expanded in 1961.

During 1961 group treatment was employed in Edmonton, Calgary, and Lacombe. Initial, Intermediate, and Advanced Groups were carried on in Edmonton and Calgary, and Ad-

vanced Discussion Groups in Lacombe.

Attendance at the groups has been steady. Spouses are included in the groups at all levels. Attendance tables are shown below.

	Edmonton		Calgary		Lacombe	
	Patient	Spouse	Patient	Spouse	Patient	Spouse
Initial	952	282	533	270		
Intermediate	400	102	328	89		
Advanced	200	174	14	—	92	92
TOTAL	1,552	558	875	359	92	92

The aggregate attendance at group sessions was 3,528. This represents a very large number of treatment hours and is the major source of treatment for the spouse.

Leadership for the groups has been provided by members of the treatment staff. This has required considerable commitment of personal time in the evenings. New staff members are being trained to handle groups also.

The entire Edmonton treatment personnel, plus some additional staff, has undertaken a group therapy training project so that all counsellors will be better able to understand and to interpret group experience, the function of groups, and their treatment potential. In 1962 we hope to be able to recruit more group leaders as a result of this training program.

A study of group treatment procedures at other centres was carried on in 1961. The Coordinator of Group Therapy (Miss E. Cuthbertson) visited several centres in the southern United States where group therapy is the major mode of treatment. In addition, Dr. Milton A. Maxwell gave many hours of instruction about group composition and interaction to the Edmonton staff.

The method of group therapy presently being carried on in the Alberta Foundation is primarily a semi-structured type. The aim of our group treatment process could be said to be:

1. To improve the patient's knowledge about himself, as an individual, and about his disease.
2. To aid the patient's progress in developing and maintain-

ing sobriety through improved skill in social interaction and strengthened motivation, and through association with other afflicted persons who are undergoing treatment.

RECOVERY TRENDS

Recovery rates have remained fairly constant over the past five years. Our records indicate that one-third of our patients achieve recovery, one-third show measurable improvement, and the remaining one-third show no improvement. Efforts are being continued to improve the efficacy of the Foundation treatment program.

PATIENT CHARACTERISTICS

Over the eight years of Foundation service there have been few major variations in patient characteristics. During the first two years of operation there was a tendency for rates of unemployment, transiency and other indices of instability to be relatively high. This observation is probably due in part to an early misconception of the Foundation as a welfare centre; but with growing recognition of our agency as a professional treatment service, the statistical picture has become fairly stable.

(In the following resumé of 1961 facts, the 1953 - 1960 averages appear in brackets).

The only exception to the general observation of 'statistical stability' is to be found in the ratio of married and single patients. Since the inception of our program, there has been a distinct downward trend in the proportion of unmarried applicants, and a corresponding increase in those married at the time of intake.

Males constituted 90% (90.8%) of intake and their mean age was 40.2 yrs. (39.7 yrs). Racial origin was 98.3% (97%) white. Religious affiliation was reported to be 73.8% (70.3%) Protestant, 24.2% (28.1%) Catholic, and 2.0% (1.6%) 'Other.' Unmarried applicants dropped to 12.2% (20.4%), married 63.8% (54.6%), divorced/separated 21.7% (22.3%) and widowed 2.3% (2.7%). 57.7% (52.0%) of patients were employed. Drinking commenced on the average about 20 years (18.5 yrs) prior to intake and had constituted a problem for 9 years (7.5 yrs.).

REFERRALS

Referrals by members of Alcoholics Anonymous still ac-

counts for a large percentage of Foundation patients, 20% in 1961, slightly lower than last year. This fact, and the fact that the majority of Foundation patients are encouraged to associate themselves with AA if they are not already members, constitutes evidence of the continuing liaison between the Foundation Treatment Department and Alcoholics Anonymous. Patients and former patients account for the next highest percentage of referral, 18% in 1961. Next are referrals from physicians, health and welfare agencies, and members of the clergy. General publicity brings in an annually increasing number of patients, 24.3% in 1961.

STAFF CHANGES *

In Edmonton, there were several changes during the past year. In June, 1961, Miss Effie Cuthbertson, who was Supervisor of Treatment, was appointed Co-ordinator of Group Therapy and the supervisory duties were taken over by Mr. G. E. McLellan. In August, Mr. R. J. Frederick and, in September, Mr. J. P. Nickel joined the staff as Counsellors. In October, Mrs. Rita Aldridge rejoined the staff. Mr. D. G. Stewart left at the end of the year to take a position with the Federal Government in Yellowknife. In Calgary, Mr. J. D. M. Bliss, Supervisor of Treatment, resigned in February, 1962, to work for the Federal Government in British Columbia; Mr. G. E. Stephenson was appointed Supervisor of Treatment. In May 1961, Mr. F. V. Wiedeman joined the Treatment staff.

* The personnel list on page 42 is based on the fiscal year April 1st, 1961 to March 31st, 1962.

D. M. Bell, M.D.

EDUCATIONAL ACTIVITIES

Increased educational activity in many parts of the province marked the year 1961. Much of this work is now carried on as a regular, continuing service to a variety of professional groups, and a good deal of additional programming has been done in previously untouched areas. Some of the year's educational activities are described in more detail below.

Medical & Nursing

Medical students at the University of Alberta and medical and psychiatric internes of Edmonton hospitals continued to receive instruction about alcoholism. A well attended medical seminar was given by Foundation staff physicians in Edmonton. The Grande Prairie Medical Association and the staff of the Provincial Mental Hospital at Ponoka heard lectures by Foundation staff on alcoholism.

Student nurses in Edmonton, Calgary, Lethbridge, Medicine Hat and Vegreville continued with the orientation courses. Graduate nurses from many parts of the province were addressed by Foundation staff.

Church and Clergy

The Foundation provided speakers for twenty-one adult or young people's groups in many parts of the province, and also for the Northern Alberta Lutheran Welfare Conference on Alcoholism and Drug Addiction. The Academy of Religious and Mental Health, the Baptist Leadership Training School, the Christian Stewardship program, and the United Church Young Adult Marriage Clinic at Calgary received orientation presentations or seminars on alcoholism.

Health and Welfare

Nearly ninety agency workers attended the three-day seminar for health and welfare workers held in Edmonton, and seminars in Grande Prairie and Peace River attracted many workers from the Peace River district.

Additional lectures were given by Foundation staff members to many other agencies in Edmonton, Calgary, Lethbridge, and

Medicine Hat.

Business and Industry

Foundation speakers attended and addressed the School of Advanced Management and the convention of the International Brotherhood of Electrical Workers, both held at Banff. Executives of the Canadian Pacific Railway at Calgary also were addressed by staff members.

An innovation at Edmonton, which has already produced gratifying results, was a series of six lecture sessions with employment officers and counsellors at the National Employment Service.

Law Enforcement

Instruction concerning alcoholism is now part of the official curriculum of the City Police Department Training School.

Similar instruction was also provided the R.C.M.P. and City Police at Medicine Hat.

Youth -- Teen-Councils

The Edmonton City-Teen Council, representing more than fifteen youth organizations, has offered the services of its members as a Youth Advisory Committee to the Foundation, and the proposal has received the unanimous approval of the Foundation's Board of Directors. The Committee will include among its duties consideration of Foundation educational material planned for young people, effective methods for presenting information to teenagers, and other problems relating to educational approaches in the general area of Primary Prevention.

Press, Radio, Television

Many radio and television stations throughout the province regularly use spot and flash announcements supplied weekly by the Foundation, and there is ample evidence of their effectiveness in the intake records of the Foundation clinics.

All Alberta media were supplied with a series of eight special features on alcoholism and the Foundation. These were widely used and we are still receiving requests for copies of the series.

Education

In 1961, for the third consecutive year, the Foundation was invited to speak to twelve classes of students in the University's department of Health and Physical Education. The University's annual Summer School for teachers, in 1961 for the first time, included two sessions on alcoholism instruction and teaching techniques by Foundation personnel.

Demonstration presentations totalling twenty-five school periods were delivered in high schools in Calgary and Edmonton, and to students of Mount Royal College in Calgary.

At a Teachers' Institute at Grande Prairie, Foundation speakers presented an orientation and demonstration session to district high school teachers.

General Public and Miscellaneous

Service Clubs throughout the Province continue to welcome Foundation speakers. Such speaking engagements in 1961 totalled fourteen, in Grande Prairie, Peace River, Edmonton, Calgary, Lethbridge, and Medicine Hat. Addresses were also delivered to many other organizations such as Air Force Cadets, Home and School Associations, Calorie Counters' Clubs, AA, Al-Anon, and Al-Ateen groups, and Social Service Centres.

Three Foundation staff members attended the Yale Summer School of Alcohol Studies in 1961. A Lethbridge priest and a University professor also attended on Foundation scholarships.

A. W. Fraser

PUBLICATIONS AND LIBRARY

Four issues of Progress were published during the year, each containing original papers and reprints of value to many of the groups who receive Progress. The circulation of Progress is now six thousand. This can be broken down approximately as follows: Social Agencies - 5%, Business and Industry - 6%, Churches - 7%, Law Enforcement - 4%, Foundation Board and Members - 12%, Medicine - 25%, Education -

20%, Patients - 3%, Libraries - 4%, and the remainder to miscellaneous groups and individuals.

Many requests to reprint articles originating in Progress from provincial and state programs and from abroad are received. The circulation of Progress rises continually as people in Canada, the United States, Europe, and Australia request to be placed on the mailing list.

Other publications produced during 1961 were: 'Help for the Alcoholic; What the Family Can Do' -- an illustrated booklet containing a number of practical suggestions as to how the family can help the alcoholic and encourage him to stay sober. The National Council on Alcoholism in New York have circulated this booklet to all their affiliates. 'Looking Ahead' -- a summary of the Foundation's achievements from 1953 - 1961 and a prospectus of future activities. Two articles from Progress were reprinted in pamphlet form: 'Tension in Alcoholics,' by D. G. Stewart and 'Hidden Alcoholic Employees' a summary of a study by Dr. M. A. Maxwell. During 1961, 'Looking at Alcohol,' an illustrated booklet for young people, was prepared and published early in 1962.

During 1962 we plan to publish the following: 'A Handbook on Alcohol and Alcoholism,' 'Medical Treatment of the Alcoholic,' 'A Pastoral Approach,' 'Basic Facts on Alcoholism,' 'Basic Facts on Alcohol,' and a pamphlet for business and industry.

Prior to 1961 the Foundation library was small and not widely used. In 1961, a library budget was allocated and Mrs. Dianne Proctor came on staff as Librarian and Publications Assistant. By the end of 1961, 300 books on alcohol, alcoholism, psychology, psychiatry, sociology and related subjects had been acquired and more adequate quarters had been planned for the library at the new building at 9929 - 103 Street. In addition to the books, the Foundation has an extensive collection of pamphlets, journals, papers, and reprints. The library is proving most useful to Foundation staff and also to university staff and students, patients' wives and relatives, and to doctors, social workers and others working with alcoholics.

Four sets of a travelling library, each containing seven books and a selection of pamphlets were circulated to local

public libraries at Edson, Lacombe, Red Deer, Lloydminster, Lethbridge, and Grande Prairie. The travelling libraries have been well-received and will be circulated to other centres in 1962.

T. G. Coffey

RESEARCH ACTIVITIES

The planned development of the research department proceeded satisfactorily during this year. Adequate funds were available for a variety of departmental projects and for grants outside the department as well as for one grant outside the Foundation. In the coming year it is anticipated that activities along these lines will be further developed.

The Research Advisory Committee (a sub-committee of the Scientific Advisory Committee) met twice during the year. Among other actions taken by the committee was approval of a general policy for making grants outside the Foundation. The basic propositions are that the Foundation (1) mainly will support exploratory work and (2) will rely on the competence and initiative of the research worker to guarantee that the project will be properly carried out. In other words, The Alcoholism Foundation of Alberta intends to seed projects proposed by competent research people.

Within the department some 16 major studies were undertaken or continued. From these studies have come, thus far, 28 sub-studies.

During the summer, the Foundation employed a medical student, Morris Davidman, who worked in treatment and research. This form of traineeship proved so satisfactory both from the point of view of the Foundation and of the student that we have decided to continue the activity on a regular basis.

Personnel in the research department has been increased during the year. Mrs. Verna Hochachka, M.A., increased her work from half-time to full-time at the beginning of the year. Miss Gwenyth Witney, M.A., worked for three and a half months on the study of distribution of cirrhosis deaths. She left the Foundation to join the Department of Health, Province of Ontario. Mrs. Rita Aldridge, M.A., formerly a counsellor in the Treatment Department, returned to the Foundation to work on a study designed to find out why some patients do not stay in

the treatment program long enough to have a therapeutic effect.

Following are the more important sub-studies completed during the year:

INTERNAL ASSESSMENTS AND EVALUATIONS:

Contributions to the Alcoholism Foundation of Alberta From Inception Through December 31, 1960.

Contributions to the Alcoholism Foundation of Alberta -- "Total Contributions - Fiscal Years."

An examination of Male Patients' Age at Intake by Age Groups Centres and Years -- 1956 - 1960.

Interval Between Establishing Enquiry Files and Raising to Applicant Status -- Edmonton Centre.

Patient Accounts -- Edmonton Centre.

Enquiry to Applicant Record - Edmonton and Calgary Centres.

Age of Active Patient Load -- Edmonton Centre.

Analysis of Education Activities in Edmonton and Calgary -- 1956 - 1960.

Analysis of Enquiries Opened and Raised to Applicant Status.

1958 Enquiries Raised to Applicant Status.

DISTRIBUTIONS OF PATIENTS, ALCOHOLISM AND ALCOHOL RELATED PROBLEMS:

Ecology of Edmonton Alcoholism Foundation of Alberta and Family Service Bureau Clients, Preliminary Observations.

Residence by Census Tracts of Edmonton Centre Case Status Patients, 1953-1959 and 1960.

Comparison of Liquor Store Sales in Selected Communities, 1948 - 1958.

Alcoholic Patients - Royal Alexandra Hospital, 1960.

Alcoholism and Problem Drinking Among Hospital Out-Patient Department Patients - University of Alberta Hospital.

Cirrhosis Deaths in Alberta, 1956 - 1960.

Interdictions in Alberta, 1960.

Geographic Distribution of Outlets for On Premises Consumption of Beverage Alcohol.

Offences Involving Confiscation of Liquor, 1960.

Drinking Problems Among the Hutterites in Alberta.

Further information about these studies may be obtained from the Research Department.

The work of the Research Department has been generously supported by contributions from business, industry and individuals throughout the Province and particularly by the United Community Fund of Greater Edmonton.

R. W. Jones

CALGARY CENTRE ACTIVITIES

Although the Calgary Centre activities are included in the department reports, it is of some interest to note specific areas in which the Centre has achieved a measure of success.

In addition to the continuing educational activities conducted by all staff members, strides have been made toward developing structured programs in Calgary high schools, the University of Alberta in Calgary, and the Banff School of Fine Arts' Advanced Management Course.

A special project arose out of the Centre's previous activities at Western Canada High School. The Sociology teacher selected certain students to serve as teachers for the balance of the class in such areas as Public Health and Social Welfare. As the Centre's part in training these students at the Foundation, a syllabus was planned covering those aspects of alcoholism pertinent to the school course. One session was completed this year, with another to follow sometime before the end of the term. Indications are that this will be a continuing program. It is hoped that it can also be instituted in the other senior high schools.

Another highlight of this year's educational activities was a presentation on alcoholism to the Advanced Management Course at the Banff School of Fine Arts. In view of the high positions of those attending the course, the Foundation can justifiably feel that much progress has been made in this area. Banff School officials have indicated that this presentation will form a regular part of the course in future years.

For the first time since the opening of the new University of Alberta in Calgary, the Calgary Centre has had the opportunity to make a series of presentations to the student body in the Faculty of Education. This covered three classes in Health and Physical Education. The real importance of this project is that it has opened discussions into the possibility of establishing a structured program for faculty members.

In our efforts to reach the public at large, the communica-

tions media are proving very cooperative and understanding. CHCT-TV completed a series of fifteen programs which was instituted in late 1960. CFCN-TV also produced an informative, interview-type program concerning the Foundation. Continuing support has been given by all three radio stations and they have expressed pleasure in being able to do so. Of particular note are plans by one of the daily newspapers to run a series on the activities of the Foundation, early in 1962.

The Calgary Centre looks forward to expanded activity in the areas of treatment and education during 1962.

J. P. Matheson

COMMUNITY SERVICES

In 1961 there have been two important developments in the Foundation's 'Community Services.'

First in scope and importance is the opening of a full-time Information and Referral Centre in Lethbridge, using office space provided by the Provincial Government. This office is under the direction of Mr. E. Hugh Smart, Regional Information Officer, whose responsibility covers Southeastern Alberta.

Regular clinic hours are observed in Lethbridge, and the Medicine Hat consultation clinic is now held once a week. Group therapy programs in both centres are gradually forming a larger part of the whole treatment and consultation process, both for patients and collaterals.

With a full-time office, and with Mr. Smart residing in Lethbridge, there has been a marked increase in the amount of educational work, much of which is reflected in the report on Educational Activities. Exceptional interest and co-operation on the part of Press, Radio, and TV, have resulted in a considerable expansion in the spread of public information.

The second major development of 1961 was the doubling of the number of consultation clinics in Grande Prairie, where, since August, clinics have been held twice a month instead of monthly. Two main considerations led to this step: (1) the continued and increasing use made of the clinic by local patients and collaterals, and (2) our recognition of the fact that more frequent opportunities for interviews with the counsellor greatly enhance the effectiveness of the consultation and treatment processes.

The Community Advisory Committees have continued to function effectively as liaison between the Foundation and the local community. These advisory committees have arranged local educational activity on many levels, and helped to plan and arrange seminars and lectures for special groups such as clergy, health and welfare workers, law enforcement officials, and so on. Considerable activity was carried out during 1961

in Grande Prairie, Peace River, Lethbridge, and Medicine Hat.

Of exceptional interest and importance to the Foundation's immediate aims of increasing public 'awareness, knowledge, and understanding,' as well as to the ultimate objective of prevention, is the regular, continuing program of indoctrination of members of the Committees. At most meetings, Foundation representatives discuss particular aspects of alcoholism problems, and the result is a steadily growing body of well-informed persons in these communities. Fine local leadership is thus provided in ever-widening circles.

In the late fall of 1961 special services were extended to RCAF Station, Cold Lake. Three staff members spent a week at Cold Lake conducting seminars on alcoholism for station personnel.

In the latter half of 1961 a community Advisory Committee was formed in Red Deer. Preliminary planning has been carried out with the committee and the institution of alcoholism programming in that community is anticipated early in 1962.

A. W. Fraser

STATISTICAL HIGHLIGHTS

Table 1: TOTAL FILES OPENED	1953-61	1961
Edmonton Centre	3,474	340
Calgary Centre	1,825	254
Other	76	37
Total	5,375	631

Table 2: TOTAL CASE FILES OPENED	1953-61	1961
Edmonton Centre	1,212	165
Calgary Centre	708	108
Other	3	3
Total	1,923	276

'Case Status' is assigned to patients who persist in treatment to a 'significant' extent (defined as a minimum of four individual counselling sessions). Surveys indicate that cases receive more than ten interviews and attend several group therapy meetings. Recovery trends are calculated on the basis of case status patient response to treatment. (For standards and methodology see A FIVE YEAR REVIEW.)

Table 3: RECOVERY TRENDS, INCEPTION TO DATE - 1961,
EDMONTON AND CALGARY CENTRE CASES COMBINED

		1961
Recovery Indicated 56%	Very Good Recovery	14%
	Progressive Recovery	12%
	Partial Recovery	30%
No Recovery Indicated 33%	Unimproved	28%
	Other Problems	5%
Active 11%	Under Treatment	11%

PATIENT DATA

Table 4: SEX

	1960	1961
Male	89.0%	90.0%
Female	11.0%	10.0%

Table 5: MEAN AGE

	1960	1961
Male	39.3 yrs.	40.2 yrs.
Female	37.0 yrs.	37.8 yrs.

The age group distribution of patients from inception to date reveal approximately:

13.3%	age 29 and under
42.1%	age 30 to 39
30.3%	age 40 to 49
14.3%	age 50 and over

Table 6: MARITAL STATUS

	1960	1961
Single	14.4%	12.2%
Married	59.9%	63.8%
Divorced/Separated	24.1%	21.7%
Widowed	1.6%	2.3%

Table 7: VOCATIONAL LEVEL (Regular)

	1960	1961
Professional	4.2%	4.2%
Exec./Man.	11.4%	10.6%
Supervisory	7.4%	7.2%
High Skilled	23.8%	21.9%
Semi-Skilled	34.0%	35.2%
Unskilled	14.8%	17.7%
Housewife	4.4%	3.2%

Table 8: EMPLOYMENT STATUS

	1960	1961
Employed	56.0%	57.7%
Unemployed	44.0%	42.3%

Table 9: SOURCE OF REFERRAL

	1960	1961
General Publicity	17.4%	24.3%
A.A.	24.1%	20.0%
A.F.A. Patient	15.6%	18.0%
Employer/Supervisor	4.7%	3.0%
Medical	18.1%	13.9%
Clergy	4.2%	3.9%
Legal	1.3%	2.6%
Agency	11.4%	11.3%
Penal	0.7%	0.6%
Other	2.5%	2.4%

Activities by Counselling and Medical staff, with and on behalf of patients are reflected in the following tables:

COUNSELLING ACTIVITIES	1960	1961
Interviews	7,003	8,057
Group Counselling Sessions	328	368
Staff/Psychiatrist Consultations re patients	111	66
Staff Conferences re patients	483	376

MEDICAL ACTIVITIES	1960	1961
Individual Patients Seen	694	936
Doctor/Patient Interviews	384	677
Nurse/Patient Interviews	1,100	1,554
Physical Examinations	315	365

EDUCATIONAL ACTIVITIES	1960	1961
Advisory and Training Services	210	109
Talks, panels, meetings, and other preventive services		165
Attendance	11,011	6,969
Literature Distributed	14,279	20,938
Periodicals	28,609	23,626
Many radio and television stations throughout the province have carried programs on alcoholism and regularly use spot and flash announcements supplied weekly by the Foundation		

THE ALCOHOLISM FOUNDATION OF ALBERTA

January 1, 1961 -- December 31, 1961

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- Mr. R. W. Burns Vice-President
- Mrs. C. R. Wood Honorary Secretary
- Mr. J. S. McGuckin Honorary Treasurer
- Mr. J. George Strachan Executive Director

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PERSONNEL

(as of April 1, 1962)

Aldridge, Mrs. Rita	Research Assistant	Edmonton
Bell, Dr. David M.	Medical Director	Edmonton
Beltz, Mrs. Marguerite	Counsellor	Calgary
Bird, Mr. G.H.	Counsellor	Calgary
Bolle, Dr. A.M.	Counsellor	Edmonton
Carson, Dr. G.D.	Consulting Psychiatrist	Edmonton
Coffey, Mr. T.G.	Publications Editor	Edmonton
Cuthbertson, Miss Effie	Coordinator of Group Therapy	Edmonton
Dickey, Mr. C.R.	Information Officer	Edmonton
Downing, Mrs. Phyllis	Nurse	Edmonton
Elliott, Dr. G.	Clinic Physician	Edmonton
Fraser, Mr. A.W.	Associate Director of Treatment	Edmonton
Frederick, Mr. R.J.	Counsellor	Edmonton
Fullerton, Mr. J.G.	Secretary-Treasurer	Edmonton
Gallagher, Mrs. Shirley	Secretary	Calgary
Hanley, Dr. F.W.	Consulting Psychiatrist	Calgary
Hatfield, Dr. C.B.	Clinic Physician	Calgary
Hatfield, Dr. R.E.	Clinic Physician	Calgary
Hobson, Mr. G.N.	Counsellor	Edmonton
Hochachka, Mrs. Verna	Research Assistant	Edmonton
Howell, Mrs. Joan	Counsellor	Edmonton
Joyce, Miss Audrey	Counsellor	Calgary
Matheson, Mr. J.P.	Deputy Director	Calgary
Mickelson, Miss Bryna	Receptionist-Stenographer	Edmonton
Miller, Mrs. Carolyn	Receptionist-Stenographer	Edmonton
Motyl, Mr. J.	Information Officer	Edmonton
Murdy, Mrs. Doris	Receptionist-Stenographer	Calgary
McLellan, Mr. G.E.	Supervisor of Treatment	Edmonton
Nickel, Mr. J.P.	Counsellor	Edmonton
Proctor, Mrs. Dianne	Publications Assistant-Librarian	Edmonton
Rusnak, Mrs. Barbara	Receptionist-Stenographer	Edmonton
Rywak, Miss Albina	Clerk-Typist	Edmonton
Sims, Mrs. Lillian	Secretary	Edmonton
Slobodian, Mrs. Ruth	Receptionist-Stenographer	Lethbridge
Smart, Mr. E.H.	Information Officer	Lethbridge
Stannard, Mrs. Eileen	Secretary	Edmonton
Stephenson, Mr. G.E.	Supervisor of Treatment	Calgary
Stith, Miss Doreen	Administrative Secretary	Edmonton
Strachan, Mr. J. George	Executive Director	Edmonton
Ward, Miss Winnifred	Nurse	Calgary
Wemp, Mr. G.A.	Information Officer	Calgary
Wiedeman, Mr. F.V.	Counsellor	Calgary
Wilby, Mr. W.E.	Research Associate	Edmonton
Worton, Mrs. Norma	Secretary to the Executive Director	Edmonton

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Sgt. E. S. Bennett

THE FOUNDATION'S APPROACH TO ALCOHOLISM

I

1. The Foundation recognizes alcoholism as a treatable illness and as a public health problem of first magnitude, and therefore, a public responsibility.
2. The Foundation regards the alcoholic as a sick person who can be helped and who is well worth helping.
3. The Foundation's approach is professional and non-controversial. It takes the side of neither the "wets" nor the "drys".
4. The Foundation is concerned with problem drinking and primarily with the illness, alcoholism.
5. The Foundation deals with the problems of alcohol only as they are related to problem drinking.
6. The Foundation's long range goal is the prevention of problem drinking and alcoholism through its three-point program: Education, Treatment, and Research.

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OTHER FOUNDATION SERVICES

- **ADVISORY SERVICES:** Professional advice and assistance on the problems of alcoholism.
- **AUDIO-VISUAL AIDS:** Film, tapes, records and displays are available on loan.
- **CONFERENCES & SEMINARS:** On alcohol studies to create a better understanding of the problems of alcoholism and methods of dealing with those problems.
- **INDUSTRIAL WORKSHOPS:** For the education of management, supervisory staffs and general employees in Alberta industry.
- **ORIENTATION PROGRAMS:** For nurses, doctors, internes, penal officials, personnel managers, social workers, clergymen, teachers and other groups.
- **PUBLICATIONS:** Progress, News Review, Foundation Reporter, Digest on Alcohol Studies, and original brochures and pamphlets.
- **REFERENCE LIBRARY:** Of books, pamphlets and publications by authorities in the field of alcoholism.
- **SPEAKERS BUREAU:** For professional, industrial, church, social, school, civic and other groups requesting information.

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